

## W. PASSENGER

**FARES AUGUST 20**  
(Continued from page one)  
into effect would be unusual. Road officials pointed to the suggestion of the Commission that the charges be put in force "at as early a date as practicable."

Putting the increased rates into effect prior to September 1 the drain on the Treasury, under the guarantee provisions of the Transportation act, will be ended before expiration of the Government's guarantee of payments to the roads. Officials estimated today that September 1 the guarantee provisions would have cost the Government approximately \$650,000 for the six months since the passage of the present railroad law.

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## Making you Healthy, Wealthy and Wise

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Woman" if a  
few rules are  
followed.



**ESTELLE BERTINE, ATHLETIC ADVISOR FOR THE NATIONAL Y.M.C.A.**  
PHOTO BY DECHACHEN  
"Beauty is as beauty does," the good old adage of our grandmother's day, has been modernized like everything else. Its 1920 model is "beauty is as beauty feels." The frail sofa-ridden heroines of *Pride and Prejudice* days have lost first place as popular ladies. Today our heroine is the girl or woman who radiates health and energy who can work in an office eight hours and then stride forth full of zest for a game of tennis, who can win an A in mathematics and also a medal for long distance swimming, who can keep house and "keep fit" at one and the same time.

The popular American girl is the healthy girl, and incidentally the healthy person is always young. From time immemorial and in all lands woman's chief vice or virtue, has been to keep young, no matter what her years. Think what a fortune would fall upon the prophet who could sell the idea—which happens to be the truth in this case—that good health is the safest bet for youthfulness and a youthful age. His or her fame would be made.

It is true, though not generally realized, that health determines youthfulness, efficiency and fitness and what is more important, that good health is within the reach of everyone who has had a fair start in life. The girl who is anaemic, weary, lacking in initiative and inactive has herself to blame as a rule. This idea of health as a birthright, a prize within every woman's reach, a duty as well as the key to success and attractiveness, is being emphasized and spread abroad through the various efforts of the Physical Education secretaries of the National Board of the Y. M. C. A. Their "Social Education Department" started during the war years when women's health was of immediate and obvious importance, has enlarged its program beyond the usual gymnasium and swimming pool to include activities that will lead toward the better living of all kinds of women—housewives who frequently forget their health in caring for others; busy business women who may be in danger of following in the footsteps of the classic "Tired Business Men"; girls in factories and stores whose idea of recreation is the movie and of exercise, the dance.

Health Centers are being established in large cities where women and girls can have medical and physical examinations free of charge, be card catalogued according to their physical fitness, and be advised individually as to the sort of exercise or habits of living which they should adopt to cure whatever may be keeping them below par. These examinations are not for invalids. They are for the normally healthy person but it is alarming to discover, as it was discovered about the men in the army that very few women are up to normal. Of 414 business women examined in New York City recently,

about herself, she is more likely to follow up the suggested exercising and athletics than if she had heard a general lecture on good health.

These health centers in the large cities are overcrowded with applicants. Being centers for constructive methods rather than the curative measures of the physician and being places where well people come to become super-well, they attract much more than any medical clinics dealing with sick people ever could. Factory girls of indifferent health with anaemic, frail appearance, no energy for good-times no initiative and no attractive attributes at all have been known in six months' time to change completely into vigorous, active, sociable, mentally keen persons, due entirely to the immediate and indirect results of exercise and good habits prescribed for them at the Health Centers. This sounds like a miracle. Perhaps it is, but it has happened and is all down in a filing case if anyone wishes to prove it.

Another step of the Social Education directors is to have all physical Training Departments in Associations throughout the country enlarge themselves into Health Training Centers to work toward the better health of all women in the community rather than the gym girl who is usually already athletically inclined and doesn't need attention. Groups of women meeting in their regular social clubs can take a "correspondence course" in health improvement. Health inventories have been prepared and printed—containing questions as to diet, dress, bathing worry, symptoms and moods that when answered honestly by the individual, shows her where she is failing. Suggestions for corrective and remedial exercises and activities accompany the course and can be followed without difficulty. Illustrated charts of exercises, remedying one thing or another show the most inexperienced person what she can do in the privacy of her own room, in those first precious ten minutes in the morning, toward increasing her strength.

Thinking health and overcoming it, encouraged by the department everywhere. "Two many women expect to be sick half the time," says Miss Bertine, the director of athletics in

the Social Education Department. "There must be a change of mind about this. Good health is a question of morality and women should have in their code of honor a personal responsibility for good health."

The whole movement, which is now being co-operated in by the Federation of Women's Clubs, if carried on to its possible finish will mean a new generation of healthy, wealthy and wise girls who will stop at nothing short of the impossible. The traditional feminine attitude on this subject is a thing especially en-

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